

**Bay Area Colon & Rectal Surgeons**  
Samuel C. Oommen, M.D Ran Kim, M.D.  
Brian McGuinness, M.D.  
365 Lennon Lane, suite 290  
Walnut Creek, CA 94598  
(925) 274-9000

## **PREPARATION FOR OUT PATIENT PROCEDURE**

### **INSTRUCTIONS:**

**IMPORTANT:** Please discontinue the use of any aspirin, anti-inflammatory drugs and blood thinners one week prior to the procedure.

Stay on clear liquid diet the day before the procedure:

Fruit juices	Bouillon
Soft drinks	Jell-O (except colors red or purple)
Clear broths	Popsickles (except colors red or purple)
Black coffee	Tea
Lot of water	Alcohol (in moderation)

**The day before your procedure.** drink one 10 oz. bottle of **Citrate of Magnesia** at approximately 6:00 P.M. You can buy this product over-the-counter at any local drugstore. Individual responses to laxatives vary. It often works within 30 minutes, but it may take up to three hours. It is advised that you allow yourself plenty of time to complete this preparation.

**On the day of your procedure.** you will need to do **2 Fleets Disposable Enemas**, also available at the drugstore. You can do these in a knee-chest position or sitting on the toilet; whichever is the most comfortable and convenient for you. Begin the first enema approximately 2 hours prior to your appointment. Retain each enema for as long as possible before proceeding with the next one.

If you are diabetic, please call your primary care physician to adjust your insulin and other drug dosages before and after the procedure.

**8 hour fasting is required** please contact your prescribing physician(s) if it necessary to take your daily medications the day of your procedure.

If you have any questions please call surgery scheduler at (925) 274.1137.